

130323 SATURDAY (2) WEIGHTED PULL UP 1 RM

"The heart knows its own bitterness, And a stranger does not share its joy."

NKJV

Proverbs 14:10

Base: 30 Sandbag Get Ups (12 Minute Cap)

Skill: Muscle Up (5 Minute Cap)

Strength: Weighted Pull Up; 10-9-8-7-6-5-4-3-2-1

Begin with 10-20 Pounds and add weight as you progress through the Rx.

MetCon: 5 Rounds for time of-
5 Muscle Ups
15 Kettlebell Swings
20 Box Jumps

Stamina: 10 x 100 On-The-Minute

Endurance: Bear Crawl 200

Novice: 10 Sandbag Get Ups; Work on fundamentals of Muscle Up; 3 Rounds NT;
Stamina: 2-3 100's; Bear Crawl 20

Competitor: 20 SBGU's; 3 Rounds MetCon; Full Balance of the Rx.

Elite: Full



Did I mention how much I hate ManMakers?

Train hard with purpose:

"And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by Him."

Col. 3:17